

ABSTRAK

TINGKAT *SELF-COMPASSION* PADA PELAKU *FRIEND WITH BENEFIT* (FWB) DI KARAWANG

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Penelitian ini memiliki tujuan untuk mengetahui tinggi rendahnya *self-compassion* pada pelaku *friend with benefit* di Karawang. Responden penelitian ini adalah dewasa awal usia 18 sampai 45 tahun, berjenis kelamin laki-laki dan perempuan, menjalin hubungan *friend with benefit*, berdomisili di Karawang. Metodologi penelitian ini adalah kuantitatif, alat ukur yang digunakan adalah skala *self-compassion* yang di adopsi dari aspek-aspek *self-compassion* dari Neff. Teknik pengambilan sampel menggunakan *convenience sampling*. Data disebar menggunakan *google form*, data yang di peroleh kemudian dihitung secara statistik, hasil penelitian tingkat *self-compassion* pada pelaku *friend with benefit* di Karawang sebanyak 100 responden dengan tingkat responden laki-laki sebanyak 45 orang, responden perempuan sebanyak 55 orang. Uji kategorisasi tingkat *self-compassion* pada pelaku *friend with benefit* di karawang berada di kategori rendah sebanyak 60 orang atau 60%.

Kata kunci: *self-compassion, friend with benefit, dewasa awal*



KARAWANG

ABSTRACT

LEVEL OF SELF-COMPASSION ON FRIEND WITH BENEFIT (FWB) ACTORS IN KARAWANG

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This study aims to determine the level of self-compassion in friend with benefit actors in Karawang. Respondents to this study were early adults aged 18 to 45 years, male and female, had a friend-benefit relationship, domiciled in Karawang. The methodology of this research is quantitative, the measuring tool used is the self-compassion scale adopted from Neff's self-compassion aspects. The sampling technique uses convenience sampling. The data was distributed using the Google form, the data obtained was then calculated statistically, the results of the research on the level of self-compassion in friend with benefit actors in Karawang were 100 respondents with 45 male respondents, 55 female respondents. The self-compassion level categorization test for friend with benefit actors in Karawang was in the low category of 69 people or 69%.

Keyword: *self-compassion, friend with benefit, early adulthood*



KARAWANG